

Positive Spin – Newsletter #7

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## Meet You in Montreal? (With \$\$\$?!)

We hope to see very many of you at the upcoming 27<sup>th</sup> Annual Meeting of our parent society, **ISMRM, in Montreal, Canada, May 11-16**. To stay in the loop, sign up to the ISMRM2019 Slack Account [here](#), featuring the all new **#sustainability** channel!

Things to look out for include the ‘**digital poster revolution**’, **Magnetic Moments**, and of course our unofficial annual social at **Gareth’s Party** – look out for details closer to the time. Post your photos on Twitter with the hashtag **#bcismrm** or Facebook [@ISMRMBritishChapter](#) to entertain your colleagues back home, and join our Slack channel **#bcismrm**.

## Mansfield Research Innovation Award

In recognition of Sir Peter Mansfield’s contribution to Magnetic Resonance, **Siemens have donated up to £5,000 per annum for 5 years to support early career level, (circa 5 years postdoctoral level)**, wishing to travel to the ISMRM annual exhibition to present an accepted oral presentation of their work

in an innovative field of MRI.

**The applicants will be full members of the BCISMRM** and their submitted work must have been judged to be of the **highest standard** and **accepted for oral presentation by the ISMRM judging panel**, and **not in receipt of another prize**.

If you are an early career postdoctoral researcher, with an oral presentation at the ISMRM, **please submit your abstract(s) including programme number, and CV to Penny Gowland ([penny.gowland@nottingham.ac.uk](mailto:penny.gowland@nottingham.ac.uk)) by 3<sup>rd</sup> May** if you wish to be considered for this award.

The decision will be taken by BCISMRM committee with Siemens Healthineers, to select either one or two recipients for the Sir Peter Mansfield Travel award, to cover the costs of your travel, subsistence and accommodation at the ISMRM annual exhibition.

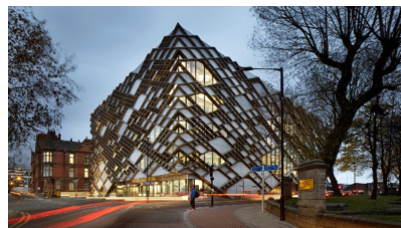
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## The Sheffield Silver - BC-ISMRM's 25th Anniversary!



The  
University  
Of  
Sheffield.

**Monday 16<sup>th</sup> – Wednesday 18<sup>th</sup>  
September 2019 - University of  
Sheffield, Sheffield**



This year BCISMRM celebrates its **25<sup>th</sup> anniversary meeting** at the **University of Sheffield**. Scientific Meeting will take place at the **Diamond building** with inaugural lectures from keynote BCISMRM researchers spanning the last 25 years.



Monday pre meeting and workshop – **British High Field Workshop and Hyperpolarised Gas MRI workshop** on physics and clinical applications.

**Evening reception Tuesday 18<sup>th</sup> at Kelham Island museum**, with live music in the real ale heartland of the UK. Full flyer, abstract deadline etc coming soon!

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## **We had a Blast in Birmingham!**

By Nikou Damestani (Student Observer 2018/19) & Jack Miller (Postdoctoral Representative 2018-2020)

The Postgraduate BC-ISMRM Symposium 2019 was a great success at the University of Birmingham, with **over 100 attendees** from all over the UK. Topics for the oral sessions included **Flow and Diffusion, Pathology and Oncology, and Pioneering Technologies in Acquisition, Analysis and Reconstruction**, and fantastic posters were presented on a wide range of topics from fMRI to spectroscopy.

Our symposium concluded with an awesome social event at Bacchus Bar. Some photos of the presenters and the day more generally are available [here](#).

Special congratulations to our **prize winners**:

**Best Oral Presentation:** 1<sup>st</sup> – Yolanda Ohene (University College London, pictured), 2<sup>nd</sup> – Chris Payne (University College London), 3<sup>rd</sup> – Belinda Ding (University of Cambridge)

**Best Poster Presentation:** 1<sup>st</sup> – Emma Bluemke (University of Oxford), 2<sup>nd</sup> – Gabriela Belsley (University of Oxford), 3<sup>rd</sup> – Adam Sheppard (University of Aston)

**Best Power Pitch:** 1<sup>st</sup> – Nikou Damestani (King's College London), 2<sup>nd</sup> – Emma Bluemke (University of Oxford), 3<sup>rd</sup> – Adam Sheppard (University of Aston)

Many thanks to our sponsors, including platinum sponsor **Bruker**, for their support of the event.

Finally, a huge well done to our **organising committee**: Jack Miller, Nikou Damestani, Emma Doran, Diana Rotaru, Hannah Williams, Lizzie Powell, Stephen Powell, John McFadden, James Grist, and Matthew Grech-Sollars.




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## Rewind: Be Kind

Partly inspired by the group [Scientists are Humans](#), Nikou Damestani (Student Observer 2018/19) organised and moderated the workshop “**How to be a Kind Scientist**” at the postgrad meeting in Birmingham.

A panel including Penny Gowland (University of Nottingham), Mark Lythgoe (University College London), Yolanda Ohene (PhD Student, University College London), and David Wilkinson (Institute of Physics) discussed topics including **career prospects, feedback and public engagement.**

### The conclusions were:

- **Be aware of your conscious and unconscious bias** – are reviewers’ or authors’ names revealed? Does this affect your decision on where to submit and what kind of feedback you are sending?
  - **Be willing to show off your research** – changes won’t happen in how science is perceived unless we translate it positively.
  - **Don’t hide behind a keyboard** - remember your reviews are read by humans: are you being constructive or cruel?
  - **Be aware of top-down fear** – be aware of the messages you are sending to MSc and PhD students about careers, there is a huge amount of negativity despite the high level qualifications achieved and available career prospects!
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## Your Student Observer for 2019/2020!

At the Birmingham meeting we also elected a new Student Observer of 2019/20, **Charith Perera** from UCL. He did an excellent pitch about his work in mental health support for students (and many thanks to his competitor **Andrea Torchi** for also giving a great pitch). We look forward to working with Charith this year!

### A few words from Charith:

Hi everyone! I've recently started my PhD at CABI (UCL) working on Alzheimer's research and I'm grateful and excited to be elected as your new PhD student observer.

As an undergrad, I spent my time in a welfare role to support fellow students who would come to discuss a range of concerns and process their emotions, which I could then use to guide the improvement of student well-being within the community. I really enjoyed that the Birmingham meeting focused on similar themes of kindness, inclusivity and representation and would love to continue building on this. I want to make sure that you receive a warm welcome into the community and can tell us how you really feel about being a PhD student. Most importantly, I want to focus on "well-being". It's never too late to start taking care of yourself, and making sure that we find mechanisms to healthily deal with work-related stressors and habits that can negatively impact our mental health and our approach to work.

Your opinions do matter, so why wait 'til I see you? Contact me at [c.perera@ucl.ac.uk](mailto:c.perera@ucl.ac.uk). I hope to get to know as many of you as possible in the coming months!

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## Future-proof your Society!

by Simon Walker-Samuel, University College

London

As scientists, we are best-placed to understand the now **unequivocal evidence for man-made climate change**, and to fully appreciate its potential consequences. Arguably, this perspective gives us a **unique responsibility** to carefully consider our own environmental impact, both as individuals and as a profession. For example, it is now well understood that **air travel is a significant contributor to carbon emissions**, and numerous bodies now advise minimising the number of flights that we take.

Yet **scientists are heavily reliant on air travel**, with international conferences forming an integral part of science, requiring us to accumulate far above-average air miles. With this in mind, I wondered what measures ISMRM, and other large scientific societies, have in place to minimise the environmental impact of their meetings and workshops.



There's currently no mention of it on the ISMRM website. Could ISMRM develop its mission statement to encourage sustainability and reduce environmental impact, and visibly incorporate these practices into its activities? Could it establish a committee for environmental sustainability? Could it offer incentives for green travel, and establish virtual or distributed meetings (which would also enable those to attend who cannot travel)?

I hope that some of these ideas, and more could be discussed in Montreal. As a start, I've set up a **#sustainability channel on the ISMRM2019 Slack workspace**. I would really value your thoughts!

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## New Initiative and Public Engagement Fund

Got an idea for a workshop, training course or study group? Send us a proposal, and we might agree to provide up to **£2000** towards the costs. For more details, go [here](#).

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## News from your Committee

We are trying to increase representation of the SMRT in the BCISMRM. Please get in touch with [penny.gowland@nottingham.ac.uk](mailto:penny.gowland@nottingham.ac.uk) if you are interested in being involved or know anyone who might be (we do have associate

membership for those who are not currently members of the ISMRM).

We'd like to thank **Tom Roberts (KCL)** for his help with Positive Spin, he has now passed the torch on and we wish him luck with his future ventures!

**Finally**, now that our Chapter is about to become an official antique, we're looking for someone to catalogue (and dust?) the antiquities. Volunteers to take on the role of **Archivist** email [bcismrm@gmail.com](mailto:bcismrm@gmail.com). Also, if anyone has abstract books from the early meetings of the British Chapter and would be willing to donate them to the general archive contact [bcismrm@gmail.com](mailto:bcismrm@gmail.com)

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## Jobs & More

Postdoc MRI Physicist post at University of Cambridge, funded for 3 years (with potential extension for 2 more) to focus on multinuclear MR imaging methods in cancer, principally for sodium and hyperpolarized <sup>13</sup>C. Contact Ferdia Gallagher or Mary McLean for more details ([fag1000@cam.ac.uk](mailto:fag1000@cam.ac.uk); [mary.mclean@cruk.cam.ac.uk](mailto:mary.mclean@cruk.cam.ac.uk)).

Postdoc MRI Physicist post at St George's Hospital, funded by the MRC for 3 years to develop contrast-enhanced MR lymphangiography and apply it to the study of lymphoedema. Closing date 27 May, contact Franklyn Howe for more details please click [here](#) or contact [howefa@sgul.ac.uk](mailto:howefa@sgul.ac.uk).

PhD available at University of Liverpool on the Development of quantitative imaging biomarkers for assessing hepatic function and metabolism. Further details about the department can be found [here](#) and [here](#), and the PhD advertisement can be found [here](#). For more information please contact [harish.poptani@liverpool.ac.uk](mailto:harish.poptani@liverpool.ac.uk).

The University of Nottingham is currently seeking to recruit fellows in medical imaging. For further details click [here](#).

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## Facebook, Twitter and redesigning our website

Search for **British Chapter of the ISMRM**, join in, and post any news items, pictures, or other bits of gossip you think might interest us.

You can also spread the word on Twitter using the hashtag **#bcismrm**. Additionally, plans are afoot to update our website ([www.ismrm.org.uk](http://www.ismrm.org.uk)), and **volunteers would be greatly welcome!** This would look great on a CV!

We also now have a **Slack channel** under **#bcismrm**, which has subgroups for each field and a group for postgraduates to relay their requests to the Student Observer. We will send around a link to join around the time of the 25th Anniversary of BC-ISMRM.

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## One of us... One of us... Join the British Chapter

Our community is growing, but we are still short of the total number of ISMRM members with work addresses in the UK. If you aren't already a member of the Chapter, **please join** now (it's free!):

<https://goo.gl/forms/VH5Lavy49QCCp38m2>

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## And finally... from the Editors

Thanks again for reading! And, massive thanks to everyone who contributed to this issue's newsletter.

If you want to be featured in the newsletter, or you've got news for us, send us an email:

**newsletter@ismrm.org.uk**

**Mary McLean (University of Cambridge)**

**Nikou Damestani (KCL)**

**Charith Perera (UCL)**

Photo credits: Postgraduate BC-ISMRM - Jack Miller, Magnifying glass putty man - Yoel Ben-Avraham, Student observer picture - Charith Perera, Sheffield University - [www.sheffield.ac.uk](http://www.sheffield.ac.uk), Kelham Island - [www.simt.co.uk](http://www.simt.co.uk)

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